

Amendments to the Claims

This listing of claims will replace all prior listings of claims in the application.

Listing of Claims

1. (Cancelled)
2. (Previously Presented) The pedal system according to Claim 13, wherein the seat parts further comprise receiving grooves facing one another.
3. (Previously Presented) The pedal system according to Claim 13, wherein one of the two seat parts is displaced against said spring force.
4. (Currently Amended) The pedal system according to Claim 3, wherein said sleeves comprise a first sleeve and a second sleeve, and one of the seat parts is part of thea first sleeve, which is supported rotatably with respect to the pedal axle, and the other seat part is part of thea second sleeve, which is supported movably on the first sleeve.
5. (Currently Amended) The pedal system according to Claim 4, wherein the first sleeve is ~~non-movable with respect to~~ fixed along the axis of the pedal, and the second sleeve is ~~movable against non-fixed, and biased by~~ said spring force.
6. (Previously Presented) The pedal system according to Claim 5, wherein at least one compression spring provides said spring force, which compression spring is supported at a first end on an abutment connected to the first sleeve and at a second end on the second sleeve.

7. (Previously Presented) The pedal system according to Claim 4, wherein the first sleeve is supported rotatably by means of ball bearings on the pedal axle.

8. (Previously Presented) The pedal system according to Claim 13, wherein the detent element is an elongated component which has a tapered portion for aligning the detent element between the seat parts.

9. (Previously Presented) The pedal system according to Claim 13, wherein the detent element has side surfaces, which have centrally each one cam.

10. (Previously Presented) The pedal system according to Claim 4, wherein said control element acts centeringly with respect to the seat of the pedal.

11. (Currently Amended) The pedal system according to Claim 10, wherein the control element, has supporting wings extending laterally of the detent element, the insides of which supporting wings ~~come into contact or are in contact with outer the external surfaces~~ areas of the sleeves, which outer surface areas extend cylindrically and rotationally symmetrically with respect to the pedal axis, and the supporting wings are curved with a radius, which is larger than ~~the a radius of the outer external surfaces~~ of the sleeves.

12. (Previously Presented) The pedal system according to Claim 11, wherein the control element is connected to a shoe.

13. (Currently Amended) A pedal system ~~for bicycles with a shoe insert and configured to attach to a shoe and including a detent element, and with a pedal that is configured to attach to a bicycle and is rotatably mounted on a pedal axle, the pedal having and has a seat for a~~ the detent element of the

shoe insert, in which the detent element is engaged against a spring force and from which the detent element is detached by performing a rotating movement, wherein the seat is conformed between two seat parts that are constructed rotationally symmetrically about the pedal axle, ~~and which are movable away from~~ slidably related to each other along the pedal axle ~~against~~ under said spring force, and which are components of sleeves with cylindrical external surfaces outside of the seat, wherein the detent element is an elongated part that extends perpendicularly to the pedal axle when engaged in the seat, and which has two cams ~~that~~ which clasp below the seat parts in the engaged position, ~~and the shoe insert having~~ has a control element which is forced against the cylindrical external surfaces of the sleeves in such a manner that when the shoe insert is rotated to release the detent element, the detent element is raised.

14. (Currently Amended) A pedal system for a bicycle, ~~bicyeles~~ with a shoe insert that is configured to attach to a shoe and has a detent element, ~~and with a pedal that is configured to attach to thea bicycle and is rotatably mounted on a pedal axle, and has the pedal including a seat for the detent element, in which the detent element is engageable against spring force and from which the detent element may be detached by performing a rotating movement, wherein the seat is conformed~~ formed between two seat parts that are constructed rotationally symmetrically about the pedal axle, and which are ~~movable away from~~ biased toward each other ~~along towards~~ the pedal axle ~~against by a~~ spring force, the seat parts having ~~and are components of sleeves with cylindrical external surfaces positioned outside the seat along the pedal axle~~, wherein the detent element is an elongated part that extends perpendicularly to the pedal axle ~~when engaged~~, and has two cams which force the seat parts apart and clasp below the seat parts ~~in the engaged position~~ for the detent element to engage the seat, and wherein

the shoe insert includes a control element comprising two wings ~~which bears~~situated on the cylindrical external surfaces of the sleeves when the cams of the detent element are~~is~~ engaged below the seat parts, ~~and which is forced against the cylindrical outer surfaces of the sleeves in such a manner that when the shoe insert is rotated about an axis perpendicular to and passing through the pedal axle to force the seat parts apart against the spring force to release the detent element, and the detent element is raised out of the seat by the bearing of the wings on the cylindrical external surfaces.~~

15. (Currently Amended) A pedal system for a bicycle~~bicyeles~~ with a shoe insert that is configured to attach to a shoe and including a detent element, and with a pedal that is configured to attach to ~~the~~a bicycle and is rotatably mounted on a pedal axle, the pedal having~~and has~~ a seat for the detent element, ~~in which the detent element is engageable against spring force and from which the detent element may be detached by performing a rotating movement, wherein the seat is conformed~~formed between two seat parts that are constructed rotationally symmetrically about the pedal axle, ~~and which are movable away from and biased toward each other towards~~ along the pedal axle against by a spring force, and are the seat parts being components of sleeves with cylindrical external surfaces outside the seat, wherein the detent element is an elongated part that extends perpendicularly to the pedal axle when engaged in the seat, and has two cams which clasp below the seat parts ~~in the engaged position~~, and wherein the shoe insert includes a control element having supporting wings extending laterally of the detent element, ~~the insides of which~~ supporting wings having an inside cylindrical surface contacting said cylindrical external surfaces~~areas~~ of the sleeves, ~~which external surface areas extend cylindrically and rotationally symmetrically with respect to a pedal axis, the inside~~

cylindrical surface of the supporting wings being curved with
a radius having a radius of curvature which is larger than
the radius of curvature of the external surfaces of the
sleeves, whereby contact between the inside cylindrical
surface of the supporting wings and the cylindrical external
surfaces of the sleeves centers the shoe insert on the pedal,
and wherein said wings of said control element are forced
against the cylindrical external surfaces of the sleeves in
such a manner that when the shoe insert is rotated to release
the detent element, the detent element is raised.